



# VIRGINIA COUNCIL OF NURSE PRACTITIONERS 2023 ANNUAL CONFERENCE

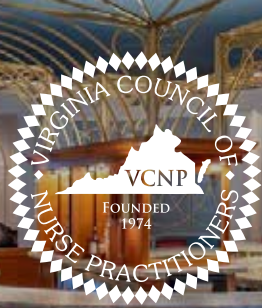
## MARCH 22-25, 2023

### HOTEL ROANOKE & CONFERENCE CENTER ROANOKE, VA

VIRGINIA COUNCIL OF NURSE PRACTITIONERS  
250 West Main Street, Suite 100, Charlottesville, VA 22902 | 434.977.3716 | [vcnp.net](http://vcnp.net)

PARTNERS FOR A HEALTHIER TOMORROW





# 2023 ANNUAL CONFERENCE

Virginia Council of Nurse Practitioners (VCNP) invites you to attend the 2023 Annual Conference at The Hotel Roanoke in Roanoke VA. VCNP is continuing to offer online conference registration, online session evaluations and an attendee portal that will allow attendees to access speaker presentations online before and after the conference.

This year's program will feature several general sessions, concurrent specialty interest sessions, optional pre-conference workshops, breakfast sessions, and the exhibit hall featuring the latest information on patient products and services. Professional networking activities include the poster sessions, opening reception and the Annual Meeting with the VCNP Board, including a professional issues presentation.

## NETWORKING OPPORTUNITIES

Take advantage of opportunities to extend learning beyond the classroom by spending time with colleagues to exchange ideas, ask questions and share your knowledge during the continental breakfasts and breaks. Be sure to visit the exhibit hall to learn about the latest industry products and services. Join us on Wednesday for the Opening Reception and attend the Annual Meeting with the Board during the lunch session on Friday for more VCNP updates from the organization's leaders.

## CONTACT HOURS

Virginia Council of Nurse Practitioners is approved as a provider of continuing nursing education by the Virginia Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Provider Number VNA#: 17-06-03P. Conference participants will have the opportunity to earn up to 20.5 contact hours (pending approval) based on attendance of a pre-conference workshop and the entire conference.

## THE VCNP MISSION

To facilitate the advancement and foster the professional growth of nurse practitioners, and to advocate for the improvement of health and access to care for all Virginians.

## DONATE TO PAC

All 2023 conference attendees will have an opportunity to donate to the VCNP Political Action Committee (PAC) during the General Membership Luncheon. PAC contributions will be distributed to legislators who are supportive of VCNP issues and who sit on committees that hear legislation pertaining to NP practice. All contributions to legislators are made on a bipartisan basis. Help us continue to build relationships with our elected officials. Help us get our message out! Donations to the VCNP PAC are not tax deductible.



## ANNUAL RAFFLE

VCNP will have its Annual Raffle to benefit the NP Scholarship Fund with each region providing a special basket!

# 2023 VCNP

## CONFERENCE PLANNING COMMITTEE

**Helen Willis, ACNP**  
Education & Conference Chair

**Kristen Johnson, MSN, RN, AG-ACNP-BC**  
Primary Nurse Planner and CE Chair

**Olivia Newby, DNP, FNP-BC, CDCES, FAANP**  
VCNP President

**Alysia Pack, DNP(c), MSN, APRN, FNP-C**  
VCNP President Elect

**Becky Compton, DNP, RN, FNP-BC**  
VCNP Past-President

**Maribeth Capuno, DNP, RN, ANP-BC**  
VCNP Bylaws & Policies

**Christie Epperly, DNP, FNP-BC**  
Blue Ridge

**Kara Lamb, MSN, FNP-C, OCN, CBCN**  
Lynchburg

**Catherine Tierney, LNP**  
Northern Virginia

**Julie Lear, MSN, AG-PCNP, CCRN**  
Peninsula

**Beth Jaeger-Landis, ACNP**  
Piedmont

**Kelly Szerenyikv, FNP**  
Richmond

**Kim Grossman, ANP-BC**  
Southside

**Jonathan Cotton, CRNA**  
**Erin Topalian, RN**  
Tidewater

# LETTER FROM THE PRESIDENT

*Self-compassion is simply giving the same kindness to ourselves that we would give to others. – Christopher Germer*

Dear Nurse Practitioner Colleagues and Students,

Welcome to the 2023 VCNP Annual Conference! I know it can be challenging to take time away from work, family and life's other responsibilities so I want to thank each of you for making your professional development a priority this week. I hope you'll also have time to explore all the Blue Ridge Region has to offer and enjoy some time to relax and unwind while you're here.

Once again, the VCNP Conference Committee, chaired by VCNP Education Chair Helen Willis, ACNP, has outdone themselves with an incredible line up of speakers and programs. From exciting pre-conference workshops to programs focused on mental health, pediatrics, women's health and acute care, there's something for everyone. You'll also see generalist and professionalism tracks focused on an array of topics including caring for individuals experiencing homelessness or living in poverty, serving as an expert witness and practicing with your autonomous practice license.

We're thrilled to welcome a diverse group of local and national speakers including some with ties to the Roanoke area. Beth Macy, a former Roanoke Times reporter and author of "Dopesick" and "Raising Lazarus," will join us as keynote speaker to share solutions to America's opioid crisis and focus on the frontline workers who care for those impacted by the crisis. She'll also host a book signing so bring your copy from home or plan to purchase one while you're here. Camille Schrier, Miss America 2020, will share "Mind Your Meds – Ceasing the Stigma of Substance Use Disorder" during Saturday's closing session. A Virginia Tech grad, she's currently completing a doctor of pharmacy degree at VCU.

Speakers Barb Bancroft and Wendy Wright are familiar faces at our conferences, and we're excited to have them back this year. They'll be sharing insights on topics ranging from autoimmune diseases to pain management. We're also excited to welcome Jacqueline Cranford back for Friday's Leslie Herdegen Rohrer Memorial Session. She'll be expanding on last year's diversity, equity and inclusion discussion as she explores ways that each of us can mitigate implicit bias and promote greater DEI in our workplaces and beyond.

Regional leaders and committee chairs are invited to attend the pre-conference VCNP 101 program followed by a Leadership Workshop led by executive coach Dr. Pamela Maxson. Dr. Maxson has been supporting many VCNP volunteers throughout the last year, and I'm pleased that she'll be joining us as we continue setting personal and professional goals and maximizing our potential as leaders.

As always, I'm thrilled that many of our members are sharing their expertise and resources as speakers. Whether you're looking for creative alternatives to precepting, tips for caring for ill returning travelers, or tools for responding to disrespectful and biased behavior in healthcare, you'll find high-quality programming on timely topics that will help you expand clinical knowledge and advocate for NPs through evidence-based presentations.

We also have lots of opportunities for building your professional network and catching up with colleagues from across Virginia. I hope you'll make time to enjoy continental breakfasts and dinner symposiums to expand your networks. Check with your regional leaders for details about regional gatherings this week, and be sure to stop by our Exhibition Hall to visit with exhibitors and review poster presentations. We wouldn't be able to offer the opportunities we have without the incredible support of our sponsors so be sure to thank them for their commitment to VCNP.

For those of you who are VCNP members, thank you for your support. If you're not yet a member, be sure to check out all the benefits we offer including reduced registration fees at this conference! This is your professional organization so I hope you'll continue sharing your feedback about what you'd like to see from VCNP.

As I approach the end of my first year as your president, I want to thank all of you who have hosted me during my travels around the commonwealth. If I haven't made it to your region yet, I hope to see you later this year. I love meeting and hearing from members so please reach out with questions or comments anytime. Enjoy the conference!

Sincerely,  
Olivia MJ Newby, DNP, FNP-BC, CDCES, FAANP  
President, VCNP Board of Directors  
[vcnppresident@gmail.com](mailto:vcnppresident@gmail.com)



## Virginia Council of Nurse Practitioners Board

### State Officers:

#### President

Olivia Newby, DNP, FNP-BC, CDCES, FAANP

#### President-Elect

Alysia Pack, DNP, APRN, FNP-C

#### Past President

Rebekah Compton, DNP, RN, FNP-BC

#### Secretary

Katy Morgan, MSN, RN, CPNP-AC

#### Treasurer

HoChong Gilles, DNP, FNP-C

#### Government Relations

Kimberly Bednar, DNP, FNP

#### Bylaws

Maribeth Capuno, DNP, RN, ANP-BC

#### Public Relations

Morgan McDowell, MSN, AGPCNP-BC, WHNP-B

#### Education & Conference Chair

Helen Willis, ACNP

#### Primary Nurse Planner & CE Chair

Kristen Johnson, MSN, RN, AG-ACNP-BC

#### Nominations and Awards

Tanya Satterwhite, DNP, FNP-BC

#### Blue Ridge President

Judy Jenks, DNP, FNP-BC

#### Fredericksburg President

Rachel Farrar, NP-C

#### Lynchburg President

Lindsay Painter, FNP-BC

#### Piedmont President

Renee Gay, DNP, AGACNP-BC, CCRN

#### Richmond President

Jeremy Kellems, MSN, NP-C

#### Peninsula President

Julie Lear, MSN, A-GNP, ACNPC-AG

#### Northern Shenandoah President

Lynda Miller, RN, MSN, DNP, FNP-C, PMHNP-BC

#### Northern Virginia President

Sharon Simon, DNP, ARNP, FNP-C

#### Shenandoah President

Erin Morris, PMHNP-BC, FNP-BC, RN

#### Southside President

April Cassady, MSN, FNP-BC

#### Southwest President

Carole Everhart, DNP, FNP-BC

# NEEDS ASSESSMENT & OBJECTIVES

The Virginia Council of Nurse Practitioners (VCNP) is a non-profit 501(c)6 organization with nearly 1,800 members. The organizational mission is to facilitate the advancement of the nurse practitioner (NP) profession, enhance continuing professional development through local meetings and the state conference. VCNP leadership promotes political advocacy to influence state and national health policy. The objectives of the VCNP Annual Conference are to provide an educational curriculum and enhance the knowledge and skills of NPs in varied practice roles. The conference also offers collegial networking opportunities, emerging trends in practice management and highlights political issues affecting NP roles and practice. VCNP is committed to providing education for NPs. Educational needs are identified through surveys, practice pattern analysis, previous contact hours activity evaluations, current practice issues and emerging technology. The conference curriculum is developed by the conference planning committee comprised of NP representatives from the regions, the VCNP President, President-Elect and the Conference Chair. It is anticipated that over 350 NPs will be in attendance at the 2023 Annual Conference held at the Hotel Roanoke, March 22-25, 2023. The Virginia Council of Nurse Practitioners is an approved provider of continuing nursing education by the Virginia Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Contact hours and Pharmacology hours will be available at this conference. Conference participants will have the opportunity to earn up to **20.5 contact hours (pending approval)**. Accessing educational grant monies and industry support is critical to the organization's ability to continue to offer a superior and affordable educational program for NPs throughout the state of Virginia. Educational grant monies help make possible a quality educational program enhancing NP knowledge and skills, which promote improved patient care and health outcomes.

**Prior to arrival, download and print any available session materials you would like to bring with you. Presentations can be downloaded from your attendee portal.**

## 2023 ANNUAL CONFERENCE FACULTY

Elizabeth Armstrong, DNP, NP-C  
Barb Bancroft, RN, MSN, PNP  
Lisa Beauvois, CRNP, FNP-BC, PMHNP-BC  
Leigh Ann Breckenridge, DNP, MSN, RN  
Dawn Bourne, DNP, FNP-C, HEC-C  
Ethan Collins  
Paula Hill-Collins  
Susan Conaty-Buck, DNP, MFA, FNP-C, FAANP  
Dana Burns, DNP, FNP-BC  
Jerry Canaan  
Jacqueline Cranford, JD  
Rachel Duke, MS, NP, CANS  
Laurie Anne Ferguson, DNP, APRN, ANP-BC, FNP-C, CPNP, FNAP, FAANP  
Allison Gregory, MS, FNP  
Nancy Harvey, MSN, FNP, MS, Yoga Therapy  
Karen Higgins, DNP, FNP-BC  
Darleen Hoffert, DNP, RN, AGNP-C, LNC  
Emily Horvath, DNP, FNP-BC  
Judy B. Jenks, DNP, FNP-BC  
Keiko Kuylkendall  
Janice Lavoie, AGPCNP-BC, MSN  
Tammy Maloney, FNP-BC, DNP, AE-C  
Beth Macy  
Pamela Maxson, PhD, PCC  
Vera Barton-Maxwell, PhD, APRN, FNP-BC  
Lee Moore, DNP, MEd, LNP, PMHNP-BC, CNE  
Olivia Newby, DNP, FNP-BC, CDCES, FAANP  
Shannon Nicholson, DNP, FNP-BC  
Lisa Onega, PhD, RN, MBA, FNP-BC, CNS-BC, GNP-BC  
Carla Nye, DNP, CPNP, CNE  
Alysia Pack, DNP, APRN, FNP-C  
Lynn Rapsilber, DNP APRN ANP-BC FAANP  
Abril Reck, DACM, FNP-C, LAc, Dipl. Om  
Kathryn Reid, PhD, RN, FNP-C  
Lori Rutherford, NP  
Camille Schrier, Miss America 2020  
Sarah Tiesing, RN, MSN, FNP-C  
Teresa Tyson, DNP, APRN, FAANP  
Patricia Vanhook, PhD, APRN, FAAN  
Clareen Wiencek, PhD, RN, ACNP, ACHPN  
Kirby Williams, PMHNP-BC  
Susan Wirt, MSN, RN, CRRN, CCM, CLCP, CRP, CNLCP  
Wendy Wright, DNP, ANP-BC, FNP-BC, FAANP



# 2023 VCNP ANNUAL CONFERENCE

# REGISTRATION

PAYMENT BY CREDIT CARD AVAILABLE ONLINE ONLY AT VCNP.NET.

Name \_\_\_\_\_ Credentials (ex. RN, MSN, etc.) \_\_\_\_\_

Specialty \_\_\_\_\_ Region \_\_\_\_\_

Practice Setting  Urban  Suburban  Rural  Military/Gov't  University  School  Other

Mailing Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_

Email (REQUIRED) \_\_\_\_\_ Membership # \_\_\_\_\_

**STUDENTS** — Those registering as STUDENTS must include a copy of a student ID or class schedule to verify full time status. The student conference rate only applies to students who are currently VCNP student members. Nurse practitioners who have returned to school to pursue either a PhD or DNP and are full VCNP members cannot register at the student conference rate.

**REFUNDS/SUBSTITUTIONS** — Refund requests must be submitted in writing and received by 1/15/23. A \$25 administrative fee will be deducted from such requests. No refunds will be made after 1/15/23. Refunds will be determined by date written cancellation is received. Registration fee includes beverage breaks, continental breakfasts, membership lunch and opening reception.

Please mark all choices carefully (Circle appropriate amounts, check appropriate boxes and fill in blanks) and be sure to total choices at the far right hand column and bottom of form.

## REGISTRATION OPTIONS (ALSO AVAILABLE ONLINE AT VCNP.NET)

Item	Member Early*	Member Late	Non-Member Early*	Non-Member Late	Student Early*	Student Late	Total
<input type="radio"/> Full Conference Fee (3/23 - 3/25)	\$375	\$425	\$525	\$575	\$225	\$250	_____

\*To qualify for the early rate listed, you must register before or on 1/15/23. Any registrations following this date will be charged the late rate.

Pre-Conference Workshops (See second page of form to calculate additional total) \_\_\_\_\_

NP Scholarship Fund Donation (Donations can be made by credit card online, or by check) \_\_\_\_\_

VCNP Political Action Committee Donation (Donations can be made by credit card online, or by check. Donations to the VCNP PAC are not tax deductible.) \_\_\_\_\_

GRAND TOTAL \_\_\_\_\_

First Time Attendee

How did you learn about the conference?  Brochure  Email  Website  Colleague Referral  Other \_\_\_\_\_

By registering for this event, you acknowledge that texts and emails will be sent with updates, product information and conference details. You may opt out at any time.

**Make all checks out to VCNP Conference 2023, 250 West Main Street, Suite 100, Charlottesville, VA 22902.**

If you do not receive a confirmation letter from the VCNP office within 30 days of submitting your registration form, please call the office to confirm that your registration material has been received at (434) 977-3716. By registering for this event, you acknowledge and agree to grant VCNP the right to record, film and photograph your likeness in its media, marketing, promotional and educational efforts.

# 2023 VCNP ANNUAL CONFERENCE

## REGISTRATION

SESSIONS ARE AVAILABLE ON A FIRST COME, FIRST SERVE BASIS

Early registration ends January 15, 2023. Conference registration fees increase after this date.

Name \_\_\_\_\_ Email \_\_\_\_\_

### WEDNESDAY, MARCH 22

#### Pre-Conference Workshops:

	Before 1/15/23	After 1/15/23	
<input type="radio"/> Coding & Documentation	\$100	\$125	_____
<input type="radio"/> Managing Common Hand & Nail Conditions	\$130	\$155	_____
<input type="radio"/> Past & Present Support for Healing Properties of Yoga & Yoga Session	\$100	\$125	_____
<input type="radio"/> VCNP 101 (12:30-2:00 PM)	NO COST	NO COST	_____
<input type="radio"/> VCNP Leadership Training (2:30-4:00 PM)	NO COST	NO COST	_____
		TOTAL	_____

\*To qualify for the early rate listed, you must register before or on 1/15/23. Any registrations following this date will be charged the Late rate.

### THURSDAY, MARCH 23

Please indicate your selections as a **first**, **second** and **third** choice.

#### 11:15 AM - 12:30 PM

- Acute Care: Things We Do For No Reason in Acute Care
- Generalist: Bumps, Itches & Rashes
- Generalist: Resilience: Moving Beyond Exercise, Nutrition, and Sleep
- Mental Health: Helping Patients Taper Off of Benzodiazepines
- Pediatrics: Selection of Psychiatric Meds for Children and Adolescents

#### 3:50 PM - 5:05 PM

- Professionalism: Transitioning to Acute Care/Autonomous Practice
- Mental Health: Care For All: Promoting Best Outcomes for LGBTQIA+ Patients
- Acute Care: Spontaneous Coronary Artery Dissections
- Generalist: The Ill Returning Traveler
- Professionalism: Tell the Truth, the Whole Truth & Nothing But the Truth

### FRIDAY, MARCH 24

Please indicate your selections as a **first**, **second** and **third** choice.

#### 2:35 PM - 3:50 PM

- Acute Care: Symptom Management of the Ventilated ECMO Patients
- Generalist: Inspiration, Innovation & Insight: Health Informatics
- Generalist: Stage A and B Heart Failure in the Primary Care Setting
- Women's Health: Understanding Urinary Incontinence in Women of All Ages
- Mental Health: Responding to Disrespectful & Biased Behavior in Health Care

#### 3:55 PM - 5:10 PM

- Generalist: Caring for Those Experiencing Homelessness
- Acute Care: Stroke Mimics & Chameleons
- Generalist: Move Mountains Medical Missions
- Professionalism: Expert Witnessing
- Women's Health: Women's Health in Orthopedics



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TECHNOLOGICAL ADVANCEMENT  
VIRGINIA TECH.